

# ABSTAIN

*Meaning: To abstain means to deliberately choose not to participate in or refrain from a particular activity or behavior.*

1. She decided to abstain from voting in the controversial election.
  2. Many people choose to abstain from alcohol during the month of January.
  3. He had to abstain from his favorite foods while on a strict diet.
  4. The doctor advised her to abstain from strenuous exercise after the surgery.
  5. To maintain a balanced lifestyle, they agreed to abstain from excessive screen time.
  6. During Lent, some individuals choose to abstain from luxuries as a form of sacrifice.
  7. She will abstain from participating in social media for a month to focus on her mental health.
  8. The athlete chose to abstain from caffeine before the big competition.
  9. In order to improve his focus, he decided to abstain from distractions while studying.
  10. The committee encouraged members to abstain from conflicts of interest when making decisions.
  11. She decided to abstain from alcohol during her training for the marathon.
  12. Many people choose to abstain from social media for their mental health.
  13. In the vote, several members opted to abstain rather than take a side.
  14. He promised to abstain from junk food for the entire month of January.
  15. The athlete had to abstain from competition after suffering an injury.
  16. To maintain a balanced lifestyle, she chose to abstain from caffeine.
  17. During Lent, some people abstain from eating meat on Fridays.
  18. The committee encouraged members to abstain from personal attacks during discussions.
  19. To show his support, he decided to abstain from using plastic for a week.
  20. She felt it was important to abstain from negative thoughts and focus on positivity.
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Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)

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